

# IQ LEARNING magazine



Quarterly

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# CLEAN MONDAY

by ASPASIA CHARTALOU  
C' senior (A2)

Clean Monday is a public holiday in Greece and Cyprus, and is celebrated with outdoor excursions, the consumption of shellfish and other fasting food, a special kind of flatbread, baked only on that day named "lagana" and the widespread custom of flying kites.



Eating meat, eggs and dairy products is traditionally forbidden to orthodox Christians throughout lent period (*which starts after clean Monday and lasts 40 days till Easter*), with fish being eaten only on major feast days, but shellfish is permitted in European denominations.



Clean Monday is considered to mark the beginning of the spring season!





by SAVVAS VALAVANIS  
C' senior (A2)

As a religious nation, the Greek Orthodox Ester is a week-long celebration that includes a series of festivities. The Holly Week, is brimming with symbolic events, festivities and traditions followed by the whole nation.

One of the traditions is the red eggs. The tradition of boiling and dyeing eggs in the red color symbolizes the rebirth of life and the blood of Christ. They also make the Ester brioche, also known as tsourekki. This sweet bread is usually braided with three pieces of daugh, which represent the Holy Trinity, and spiced with mahleb. It is served with a red hardboiled egg in the middle.



Another tradition is the Epitaphios. This special day seals the conclusion of the Passion of Christ with Christ's burial. On this day, bells ring multiple times throughout the day, and people head to church early to decorate the Epitaphios. The Good Friday mass takes place in the evening and is followed by a solemn procession around the block of the church.

On Easter Saturday churches are usually packed, and you will often see people spilling onto the church's pavvis with white candles, which will later be lit with the Holly light. The Resurrection of Christ is celebrated at midnight sharp; the priest proclaims "Christos Anesti" with bells ringing and fireworks lighting up the sky outside. People greet each other with a "Christos Anesti", lighting their candles along the way.



*Χριστός Ανέστη*

Finally, Easter Sunday is the end of the 40 days fasting period, and is celebrated with whole lambs roasting on a spit. Also the tradition of tsougrisma, can take place on Saturday evening. It's a fun game of children and adults alike and symbolizes the resurrection of the Lord. Throughout the nation, families spend the day together eating, drinking and celebrating this special occasion with a lot of singing and dancing.

# Recycling



by TAXIARCHIS TRAGAKIS  
B' senior (A1)

Last week my school visited the Rewarding recycling Corporation in Agioi Anargiroi. It is a national collective system of rewarding recycling.

Some months ago, every child started collecting empty water bottles in plastic bags. The day of the educational trip, we loaded them on the bus and we brought them in a special machine and for every 33 packages, the machine returned to us 1€.

You can recycle plastic, glass, aluminum, paper.

The benefits of recycling are plenty. With recycling 1000 kilos of plastic:

- It won't take 500 years for these quantities to be decomposed by the environment.
- 732 kilos of gases generated by plastic production won't be released in the atmosphere.



The pupils and the teachers were happy to take part in this action. At the end of the procedure, we earned 20€ for the needs of our school.



Every consumer can recycle in one of the Integrated Rewarding Recycling Centers. In Egaleo city there is one in the Square of Estavromenos.

The Reward Recycling motto is: “Let’s protect the earth....so that it will reward us “. I totally agree with it!



# Arts & Culture

by DESPOINA ALAFOGIANNI  
C' senior (A2)

## ART

In a broader sense art is the expression of human creativity and imagination. With art the artist expresses his judgment consciously through his work and tries to express and project his opinion in an attempt to explain and solve the problems that life creates.



The ten fine arts are:

- Architecture
- Sculpture
- Visual Arts
- Literature, poetry
- Music
- Theater, dance
- Cinema
- Photo
- Comic
- And there 's no unanimity about which may be the tenth fine art

*a r t*

IS NOT WHAT YOU SEE,  
*but what you make others see.*

**EDGAR DEGAS**

## CULTURE

Today with the word culture we mean education, spiritual culture, shaping and engaging in fine arts, such as painting sculpture, architecture and music.

In Roman times Ciceron introduced for the first time in the Latin vocabulary the word "cultura" from the verb "colere" which means cultivate. After the Renaissance the concept of culture was paraphrased as a civilization while in essence the culture is a subject of civilization.



Culture is the way  
you think, act, and  
interact.

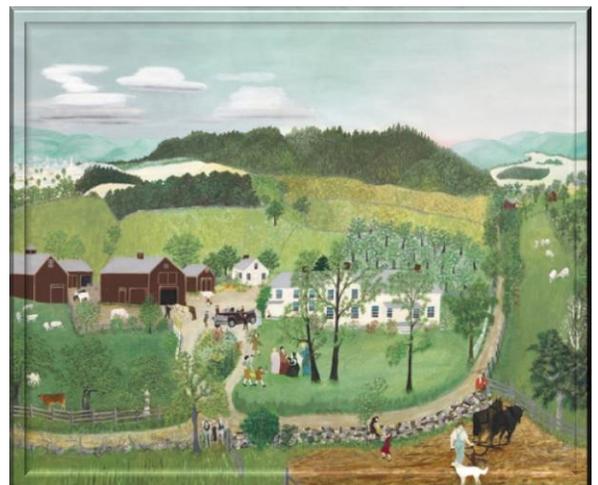
# A biography of an important figure

## *Grandma Moses*

by ZAPOUNIDI KALI  
B' senior (A1)

Grandma Moses was born in September 7<sup>th</sup>, 1860 and she died in December 13<sup>th</sup> 1961 (aged 101). She was an American folk artist. She began painting in earnest at the age of 78 and is often thought of as an example of an individual who successfully began a career in the arts at an advanced age. Her works have been shown and sold in the United States and abroad and have been used on greeting cards. You can find many of her paintings and collections at many museums. "Sugaring off" for instance, was sold for 1,2 US MILLION \$ IN 2006.

Grandma Moses wrote an autobiography (My life's history), won many awards and was awarded two honorary doctoral degrees.

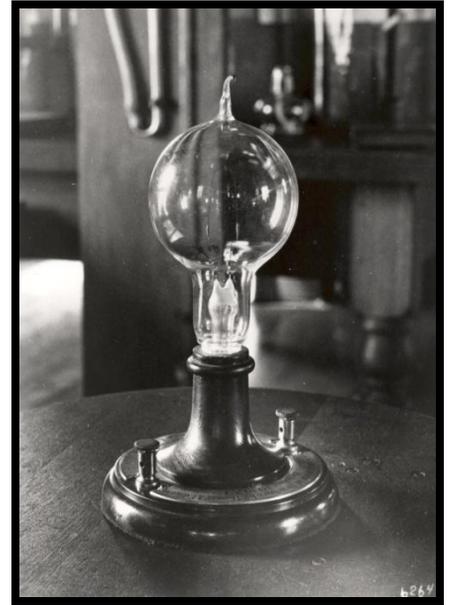


*Grandma Moses,*

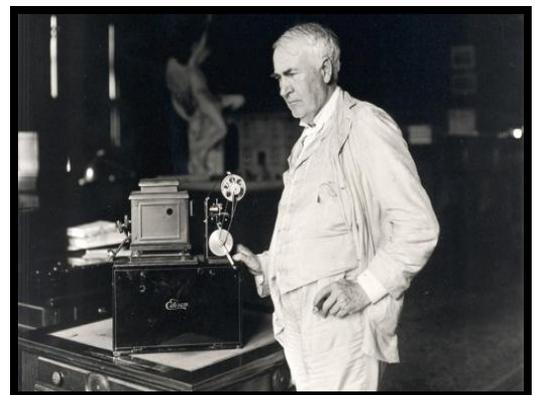
# THOMAS EDISON

by *BRYAN BRAHIM*  
*C' senior (A2)*

Thomas Alva Edison was born in Ohio in 1847 and he died in New Jersey in 1931. He was a businessman and he was described as America's greatest inventor. These are some of his inventions: the motion pictures, the phonograph and the practical electric light bulb.



When he was 12 years old he had to work because the money wasn't enough for him and his father to survive. When he was 15 years old he wrote his own newspaper. In 1868 he founded the first electric factory.



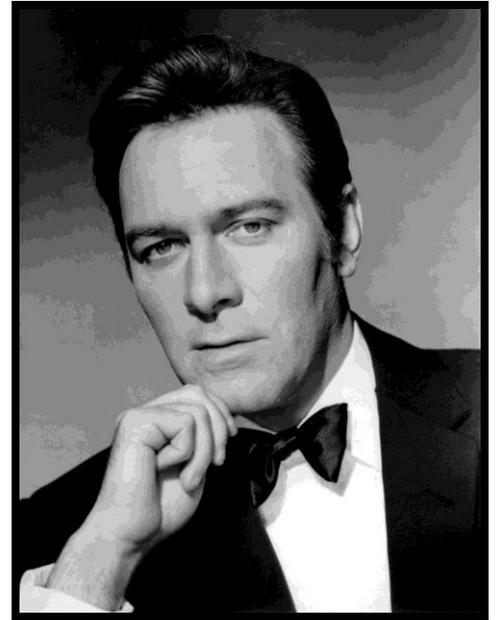
# My favourite actor

by *NICKOLAS LAGOUDAKOS*  
*B' senior (A1)*

## ARTHUR CHRISTOPHER ORME PLUMMER

Arthur Christopher Orme Plummer was born in December 13, of 1929 in Toronto Ontario, Canada. He is a Canadian actor whose career has spanned six decades, beginning with his film debut in "Stage Struck" in 1958.

He is known for portraying Captain "George von Trapp" in "The sound of music". Plummer has received various award of privilege granted as a special honor for his work, including an Academy Award, a Genie Award, two Emmy Awards, two Tony Awards, a Golden Globe Award, a Screen Actors Guild Award and British Academy Film Award.



*Christy Plummer*

He's one of the few performers to receive the Triple Crown of Acting, and the only Canadian who won the Academy Award for the best Supporting Actor at the age of 82 for "Beginners". He received a nomination at the age of 88 for "All the money in the world", making him the oldest person to be nominated in an acting category.

I admire Plummer because he's a very old man but one of the best actors of the world. In my opinion, he proves that elderly people can do a lot.

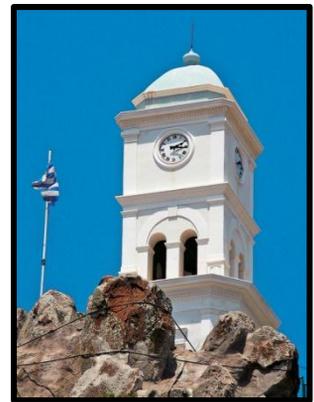
# Traveling around Greece

## POROS

by MARIA GIANNOPOULOU

*C' senior (A2)*

Poros, on the west coast of the country, is a fishing port and a market town. About 20.000 people live her, and lots of tourists visit the town. It's really crowded in the summer! We love the weather here, which is usually warm and sunny.



People enjoy going for walks and doing interesting things like eating fish in one of the many restaurants or riding their bikes along the port. Poros is beautiful.

*Don't forget to visit the "lemonodasos" when you go there, the Poros Clock Tower as well as the Archaeological Museum.*



# Traveling around the world

## VALENCIA, SPAIN

by IRENE TSONAKA  
C' senior (A2)

Valencia is the third biggest city of Spain. Valencia has a very big population. It's a very beautiful city and has many restaurants. In the restaurants you can eat lots of different kinds of food, which to us may seem strange. Like the sandwich: they put eggs, chicken, barberry jam, cheese and potatoes. There are lots of foods which are quite different from those of Greece!



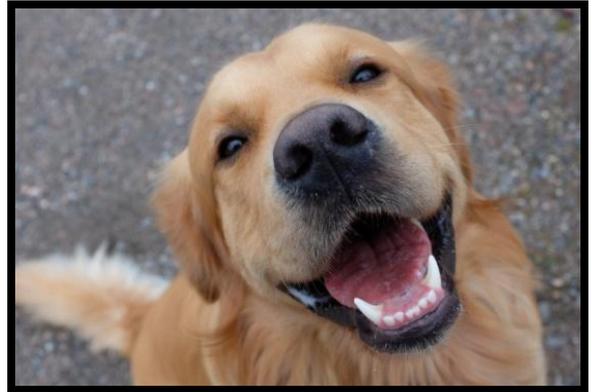
Plaza de Toro's de Valencia is one of the most beautiful sights. It's located in the center of Spain, North of Xativa street. It was built in June 20, 1859. This attraction is very interesting and is visited by many tourists every year! In my opinion, it's the most fantastic place in Valencia! You deserve to go to this city because you will see nice things and places!



# DOGS

by KARFI MARIA  
C' senior (A2)

Dogs are domesticated mammals, not natural wild animals. They were originally bred from wolves. They have been bred by humans for a long time, and were the first animals ever to be domesticated. Today, some dogs are used as pets while others are used to help humans at their work.



They are a popular pet because they are usually playful, friendly, loyal and obedient. Dogs eat both meat and vegetables, often have jobs, such as police dogs, army dogs, assistance dogs, fire dogs, messenger dogs, hunting dogs, herding dogs, or rescue dogs.

A baby dog is called a pup or puppy. A dog is called a puppy until it is about one year old.

Dogs are sometimes referred to as “man’s best friend” because they are kept as domestic pets and are usually loyal and like being around humans. Dogs like to be petted, but one should never pet a dog from behind.



## DOGS AND HUMAN

Dogs are often called “man’s best friend” because they fit in with human life. Dogs can serve people in many ways. For example, there are guard dogs, hunting dogs, herding dogs, guide dogs for blind people and police dogs.



There are also dogs that are trained to smell for diseases in the human body or to find bombs or illegal drugs. These dogs sometimes help police in airports or other areas. Sniffer dogs (usually beagles) are sometimes trained for this job. Dogs have even been sent by Russians into outer space a few years before any human being was. The first dog ever sent up was named Laika, but she died within a few hours.



# CHIHUAHUA DOG

Male 3 kg

Female 2kg

Height 15cm and 25 cm

Origin Mexico

It can live from 12 up to 20 years. It is suitable for families.

Its colors are: white, black, cream and beige.

It's a very friendly dog. But when the owner mistreats it, it bites.

*by KOSTANTINOS NASKA  
B' senior (A1)*



# MOVIE REVIEW

by KYRIAKI AGRITELI  
B' senior (A1)



The adult Christopher Robin works continuously, is paid little and his professional future is uncertain. He has his own family but works so much that he does not have time for his family. He has forgotten about his childhood with the adventurous group until one day Winnie the Pooh (the bear which likes honey), finds him and asks for his help to find the old gang - Rabbit, Piglet, Eeyore, Tigger and Kanga and Roo.

When they all get together and remember the endless hours of fun play they have had, their friendship rekindles once again.



# THEATRE REVIEW

## To sklavi

By RANIA GEORGINI  
*C' senior (A2)*

### PLOT

A King has two children. One (Alexios), with his Queen, and one, (to sklavi), with his slave.

The two boys grow up together. Then, a few years later, Alexios sees a painting of a princess holding a rose. He thinks the princess in the painting is the most beautiful girl in the world, and decides to find her and marry her. So, Alexios and his brother (to sklavi), set out to find the girl in the painting. But when they find her, the princess does not fall in love with Alexios but with his brother.....



### RECOMMENDATION

“To sklavi” is a very interesting play with a lot to teach us. I think everyone should watch this play, which is certain to bring joy and make us see the world in a different way.

Theatre:PORTA  
Writer: Xenia Kalogeropoulou  
Director:Dimitris Adamis  
Sets: Nikos Dikatakis  
Costumes: Vera Anastasaki  
Lighting: Tryphon Kehagias  
Assistant Director: Alexandra Kassioumi  
Original music: Nikos Kypourgous  
Song Lyrics: Lina Nikolakopoulou



The title card for the Disney movie "Mary Poppins Returns" features the word "Disney" in its signature script font at the top. Below it, the words "MARY POPPINS" are written in a large, white, serif font, and "RETURNS" is written in a smaller, white, serif font underneath. The background is a dark purple with falling pink petals.

by MARY PARGANA  
*B' senior (A1)*

Mary Poppins is a 1964 American musical directed by Robert Stevenson and produced by Walt Disney. Mary Poppins visits a dysfunctional family in London and tries to help both the children and their father, who is a very strict man.



Mary Poppins has a magical umbrella and a suitcase from which she can take off whatever thing she needs. The sequel, Mary Poppins Returns, was released in 2018.



# RECIPES

## CHEESECAKE

by JOHN DOKOS  
*B' senior (A1)*



### Ingredients

- 1 packet of whipped cream
- 2 table spoons of sugar
- 1 packet of cream cheese
- 12 grams gelatin
- Vanilla extract
- 2 packets of plain biscuits or digestive biscuits
- 70 grams butter

### Steps

- Crush the plain biscuits until fine crumbs
- Melt your butter and add to the biscuits
- Arrange your biscuits in the bottom of the pan, evenly and press them. Put in the freeze until you make layers
- Whipped cream cheese, sugar, vanilla extract alone
- Whipped cream alone
- Add the mixture and mix
- Dissolve your gelatin in warm water and add it slowly to the mixture
- Pour it over the biscuits layer and put it in the fridge for at least 5 hours
- Use chocolate and caramel in any way you like to garnish it
- Ready to enjoy!

# SPORTS

## TENNIS

by KONOMI REGGINA  
*C' senior (A2)*

Tennis is a racket sport that can be played individually against a single opponent (singles) or between two teams players each (doubles). Each player uses a tennis racket that is strung with cord to strike a hollow rubber ball covered with felt over or around a net and into the opponent's court.



The object of the game is to maneuver the ball in such a way that the opponent isn't able to play a valid return. The player who is unable to return the ball will not gain a point while the opposite player will.

Tennis is an Olympic sport and is played at all levels of society and at all ages. The sport can be played by anyone who can hold a racket, including wheelchair users.

The modern game of tennis originated in Birmingham England, in the late 19<sup>th</sup> century as lawn tennis. It had close connections both to various field (lawn) games such as croquet and bowls as well as to the order racquet sport today called real tennis. During most of the 19<sup>th</sup> century, in fact the term tennis, not lawn tennis was used.



# TAEKWONDO

by ATHINA CHRISTINA VOURKOU  
*C' senior (A2)*

My favourite sport is taekwondo. Taekwondo is a Korean martial art. I like this sport, because in taekwondo you are taught self-defense, agility and speed. One can start because they want to train. In taekwondo being fast is more important than being tall or big, In taekwondo the ranks are divided into junior (colour belt rank), and senior (black belt rank). Each rank from the black belt rank, is called a Dan (one can reach up to 9 Dan). You can also become a teacher, but you need to have at least seven Dan.



# FASHION

by LIDIA GELADA  
B' senior (A1)

Fashion is a creative and beautiful expression. T-shirts, sneakers, jeans, heels, make up and all. All the clothes and make-up make people look and feel beautiful. You can make many combinations with clothes. Let's say for example : a green T-shirt, a black pair of jeans and black shoes. A dress with jacket and heels. A T-shirt with a shirt and a jacket and boots for a night out!!



by MELINA SPYRO  
C' senior (A2)

A t-shirt (or tee) is a style of unisex fabric shirt named after the **T** shape of its body and sleeves. Traditionally it has short sleeves and a round neckline, known as a crew neck, which lacks a collar. T-shirts are generally made of a stretchy, light and inexpensive fabric and are easy to clean.

Trousers (British English) or pants (American English) are an item of clothing that might have originated in East Asia, worn from the waist to the ankles, covering both legs separately (rather than with cloth extending across both legs as in robes, skirts and dresses).



# Inspirational words From important figures



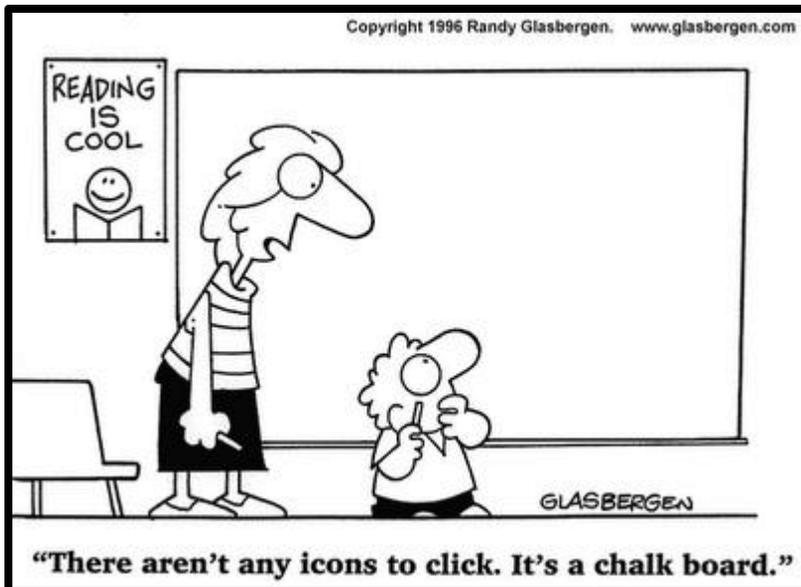
## Shakespeare said:

Shakespeare said: I always feel happy. You know why? Because I don't expect anything from anyone. Expectations always hurt. Life is short. So love your life. Be happy and keep smiling. Just live for yourself & before you speak, listen. Before you write, think. Before you spend, earn. Before you pray, forgive. Before you hurt, feel. Before you hate, love. Before you quit, try. Before you die, live.

# Let's have some fun

**"Are you as  
bored as I am?"**

If you read that  
backward,  
it still makes sense.

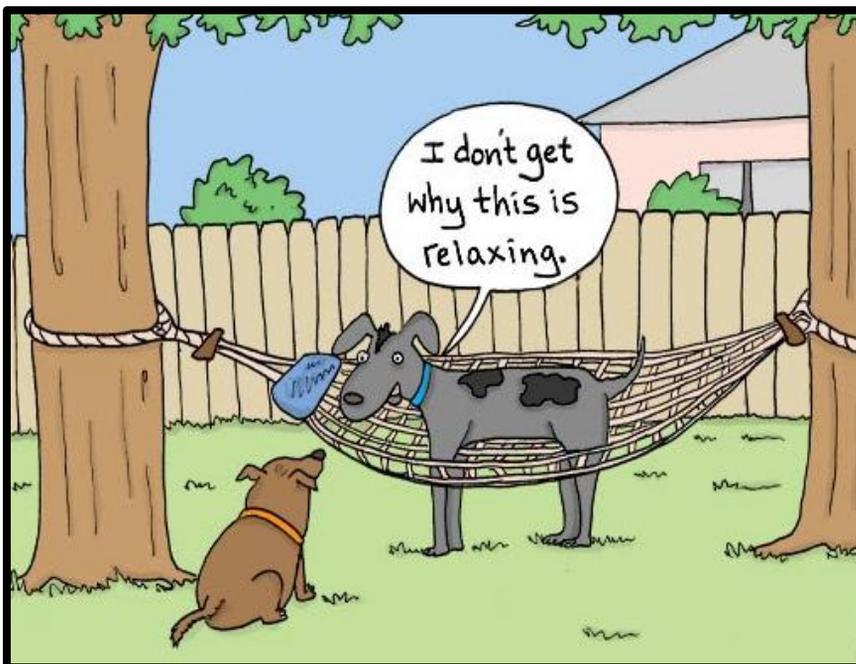
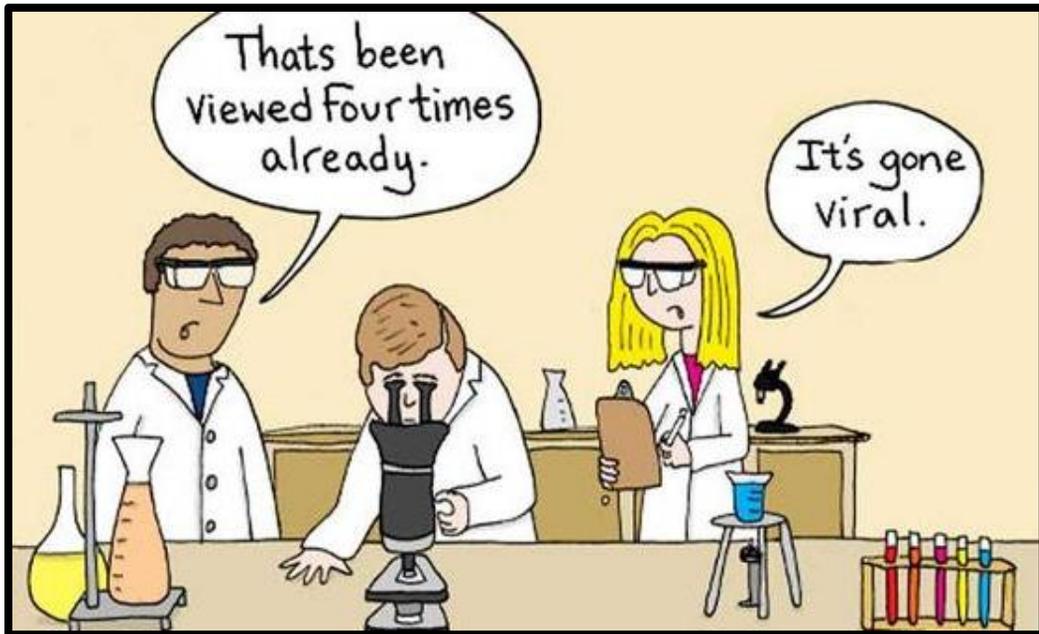


**Johnny:** Teacher, would you punish me for something I didn't do?

**Teacher:** Of course not.

**Johnny:** Good, because I didn't do my homework.

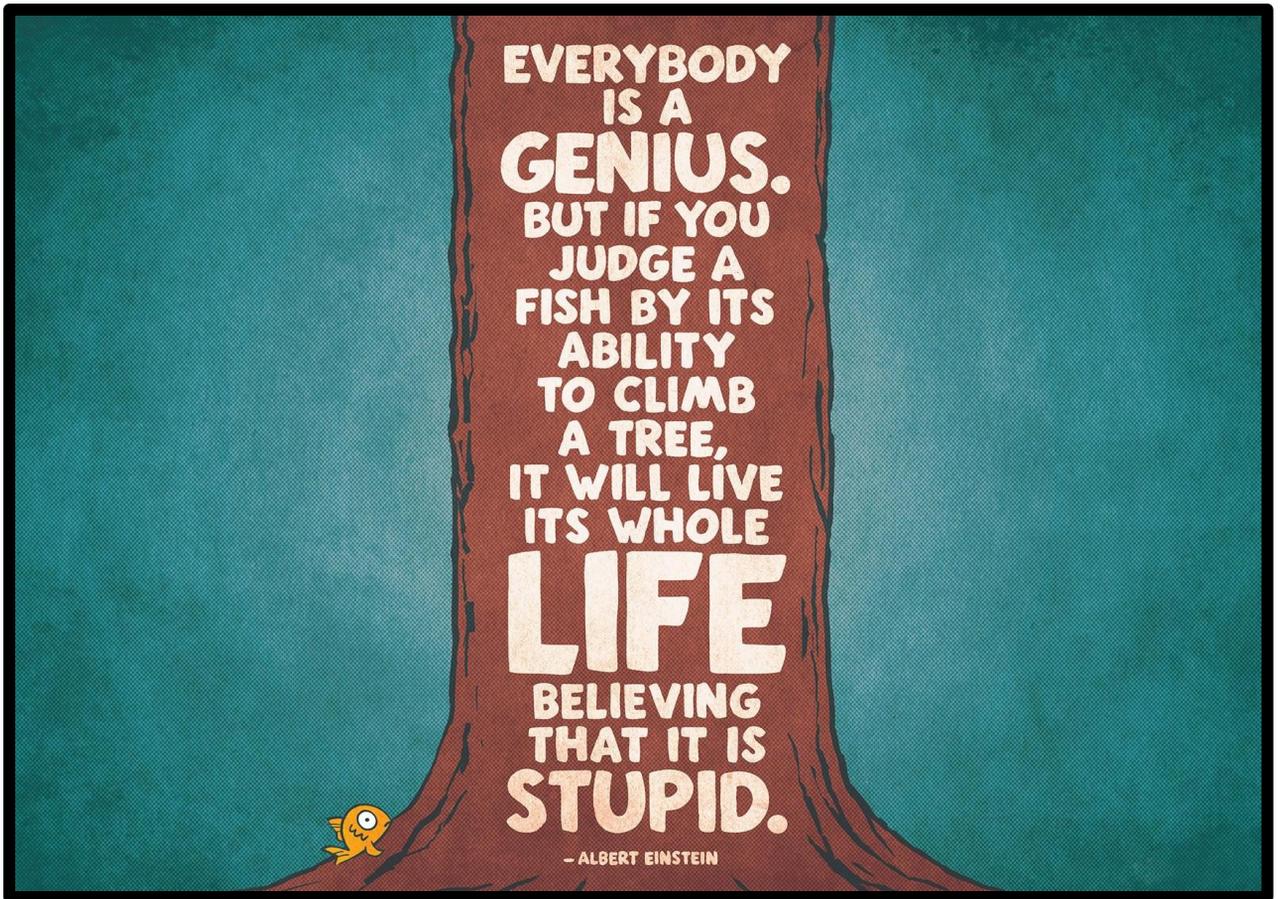
# Let's have some fun Part 2



*The*



*team*



*“The future belongs to those who believe in the beauty  
of their dreams.”*

*Eleanor Roosevelt*

*\*The photos and some of the articles included in this magazine were taken from the internet*